



## STINGER SPORTS

### CONCORDIA TO HOST CIAU NATIONAL WRESTLING CHAMPIONSHIPS

Concordia University will host the 1987 National Canadian Interuniversity Athletic Union (CIAU) Wrestling Championships Friday February 27 and Saturday February 28 at the Loylla Campus Athletics Complex, located at 7200 Sherbrooke Street West. It is anticipated that in each of the 12 weight classes there will be six wrestlers challenging for top honours.

Spectators can look forward to some of the best freestyle Olympic wrestling seen in Montreal since the 1976 Summer Olympic games. Two years ago the last such local competition involving athletes of this calibre saw Concordia battle the Cuban National team in a duel meet. The speed, skill and toughness of the competitors thrilled a capacity crowd.

Having attended the last two CIAU championships, as well as the Cuba confrontation, Concordia Athletic Director Dr. Ed Enos feels that the matches during the two day event will be nothing less than spectacular.

Concordia is seeking to become the first university wrestling team to win four consecutive CIAU titles.

Defending champions Pat Sullivan, Graham Dadswell and Serge Marcil head a list of seven returnees from last year's powerful squad, which also includes Canadian Olympic team member Clark Davis. Mike Sullivan, Bob Watson and Tom Rebello complete the brigade of veteran matsmen. Head coach Victori Zilberman is also counting heavily on newcomers Neil Spelrem, Chris Villeneuve, Sean O'Heany and Rob Valdamanis.

The opening round of competition will commence at 2 p.m. on Friday while evening action is set to get underway at 7 p.m. On Saturday, proceedings will resume at 10 a.m. leading up to the finals at 4 p.m.

Admission will be \$5 per day for adults and \$3 for students. Special group rates are available. For more information contact Mike Cohen at 848-3849.



## SCHEDULE OF EVENTS

### THURSDAY FEBRUARY 26TH

	<u>TIME</u>	<u>PLACE</u>
Registration	5:00 p.m.	Athletic Complex
Seeding Meeting	6:00 p.m.	Athletic Complex
Coaches Meeting	7:30 p.m.	AD 131 Loyola Campus Administration Bldg.
Coaches & Officials Reception and press conference	Following	AD 131 Loyola Campus Administration Bldg.

### FRIDAY FEBRUARY 27TH

Weigh-ins	8 a.m. - 8:30 a.m.	Athletic Complex
Round I	2 p.m. - 4:00 p.m.	Athletic Complex
Round II	4 p.m. - 6:00 p.m.	Athletic Complex
Round III	7 p.m. - 9:00 p.m.	Athletic Complex

### SATURDAY FEBRUARY 28TH

Weigh-ins	8 a.m. - 8:30 a.m.	Athletic Complex
Cross Over	10 a.m. - 12 Noon	Athletic Complex
5 & 6	12 Noon - 1:00 p.m.	Athletic Complex
3 & 4	1 p.m. - 2:00 p.m.	Athletic Complex
FINALS	4 p.m. - 6:00 p.m.	Athletic Complex
AWARDS BANQUET	7 p.m.	HINGSTON HALL

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Concordia University  
1987 C.I.A.U.

Wrestling Team

Athletes Profile:

1) Bob Watson

Weight class: 54 kg/119 lbs

Age: 20 yrs old

Place of birth: Montreal

Field of study: English(2nd yr)

Major Wrestling accomplishments: National champion(espoir), 1985  
Sr Nationals, 2nd, 1985  
3rd C.I.A.U., 1986

✓ 2) Neil Spelrem

Weight class: 57 kg/125 lbs

Age: 19 yrs old

Place of birth: Grande Prairie, Alberta

Field of study: Psychology(1st yr)

Major Wrestling accomplishments: Memb. Cdn National espoir team, 1986  
Silver medalist national championships, 1986  
Alberta provincial champion  
3<sup>rd</sup> CIAU

3) Mike Sullivan

Weight class: 61 kg/134 lbs

Age: 24 yrs old

Place of birth: Montreal

Field of study: Exercise Science(4th yr)

Major Wrestling accomplishments: National champion(juv.) 1980  
Pan Am champion(jr ) 1981  
Montreal & Toronto Open champion, 1987

✓ 4) Chris Villeneuve

Weight class: 65 kg/143 lbs

Age: 19 yrs old

Place of birth: Ottawa, Ontario

Field of study: Psychology(1st yr)

Major Wrestling accomplishments: National championships 3rd 2x.

5) Pat Sullivan

Weight class: 68 kg/150 lbs

Place of birth: Montreal

Field of study: Exercise Science(4th yr)

Major Wrestling accomplishments: 3x Sr National champion  
4x C.I.A.U. champion  
Bronze medalist-World championships, 1985



- 6) Graham Dadswell  
Weight class: 72 kg/158 lbs  
Age: 24 yrs old  
Place of birth: Toronto  
Field of study: Commerce - 5th year  
Major Wrestling accomplishments: National champion, 1980  
3x C.I.A.U. champion
- 7) Tom Rebello  
Weight class: 76 kg/167 lbs  
Age: 20  
Place of birth: London, Ontario  
Field of study: Political Science(2nd yr)  
Major Wrestling accomplishments: Silver medalist-National championships, 1986  
Quebec champion, 1986
- 8) Sean O'Heany  
Weight class: 80 kg/176 lbs  
Age: 28  
Place of birth: Ontario  
Field of study: Sports Administration - 5th year  
Major Wrestling accomplishments: National champion, 1981  
2x C.I.A.U. champion
- 9) Serge Marcil  
Weight class: 86 kg/189 lbs  
Age: 23 yrs old  
Place of birth: Montreal  
Field of study: Sports Administration - 5th year  
Major Wrestling accomplishments: 4x National champion  
3x C.I.A.U. champion  
5th place World championships, 1985
- ✓ 10) Rob Valdmanis  
Weight class: 95 kg/210 lbs  
Age: 19 yrs old  
Place of birth: Montreal  
Field of study: Sociology - 1st year  
Major Wrestling accomplishments: 2x Quebec Champ
- 11) Clark Davis  
Weight class: 95 kg plus/>210 lbs  
Age: 29 yrs old  
Place of birth: Calgary  
Field of study: Sociology(4th yr)  
Major Wrestling accomplishments: 9x National champion  
2x C.I.A.U. champion  
2x Silver medalist-World championships



Concordia wrestlers compete in one of the widest range of tournaments in North America including the provincial and national championships, tournaments in Ontario and other parts of Canada, tournaments in the United States, the Maccabiah Games and at every age group level. The team members compete in different styles of wrestling; freestyle, Greco-Roman, sambo and American college style.

It is our program's belief that knowledge and experience in all styles help the Concordia wrestlers to become the best. The athlete's character has been developed with an emphasis on competitiveness, toughness, determination and drive towards excellence. The major area of the program's success is its ability to lead team members to their fullest potential in wrestling. Concordia wrestlers have a long competitive career, usually staying involved in the program in different capacities such as coaches, administrators, recreational wrestlers and others.

Wrestling at Concordia University is conducted as an integral segment of the Montreal Elite Wrestling Program. The Snowden YMHA, Vanier College, Centennial Academy, Royal West Academy, Loyola High School and Argyle Academy are some of the organizations involved in the program.

Concordia University has taken a leadership role and arranged a comprehensive year-round training and competitive schedule. The organizational structure, the scheduling and the expert coaching aims to provide an ideal setting for the serious wrestler to reach his full athletic-academic potential.

#### COACHING PHILOSOPHY

The main objective of the coaches is to help the wrestlers reach their maximum in wrestling, depending on each athlete's ability and personal goals. In order to succeed, the training program is extremely motivation-oriented and individualized i.e., the training schedule, technique, sports used for conditioning, etc. are all recommended according to the wrestler's individual needs.

The focus of coaching is:

- 1) Technique. The largest portion of practice time is spent on learning and perfecting wrestling moves. Team members are exposed to a wide range of moves with emphasis on the most effective techniques.
- 2) Conditioning. This is one of the most important segments of the Concordia Wrestling team. A wide range of sports are used to improve the wrestler's conditioning on a regular basis.
- 3) Psychology. It is recognized that psychology plays an extremely important role in wrestling at Concordia. Up to 3-4 hours per week is spent on developing and improving the wrestler's psychological ability. Under former wrestler, Professor of Sports Psychology, Dr. Dan Marisi, the Concordia wrestlers learn how to prepare for matches, cope with anxiety, stress and other aspects of mental preparation.



# QUED ATHLETIC PRODUCTS

## NEWS RELEASE

Seaway Plastics, better known as Qued Athletic Products, a pioneer manufacturer of vinyl coated wrestling mats for 21 years, is proud to be a mat supplier to this prestigious event.

Recently introduced into the North American market from Europe, are the Trocellen<sup>®</sup> type mats as used for this event. Available initially in only six foot width sections, Qued has developed a technique for coating the Trocellen<sup>®</sup> foam that allows the mats to be made in any length or width, and are therefore more suitable than the European concept where many six foot sections are taped together or used with a one piece vinyl cover. The set up time is greatly reduced and often the mats can be used without taping, which is more convenient and time efficient.

Trocellen<sup>®</sup> foam is a crosslinked polyethelene that is both light weight and long wearing, which is its main advantage over vinyl based Ensolite<sup>®</sup> foam. It is both easier to handle and less costly than Ensolite<sup>®</sup> and will undoubtedly allow more institutions to open wrestling programs that were prohibitive because of cost and handling problems in the past.

Qued will continue to market Ensolite<sup>®</sup>, now available in three thicknesses, but it appears the market will be orientated more towards the lower cost Trocellen<sup>®</sup> mats. Having the capability of coating the larger sections or laminating the six foot strips with vinyl, Qued is looking forward to an active season because of these new dimensions. Since Trocellen<sup>®</sup> coated and laminated mats are 35% and 40% cheaper respectively than Ensolite<sup>®</sup>, the future of wrestling looks most encouraging because of these favourable costs.

R. S. Hamilton  
President